

Printed from **chabad.org**

Joy: an Anthology

Compiled by Yanki Tauber

A man is dancing at the wedding of his only child. He's a good dancer, but never before, and never again in his lifetime, will his dancing attain the grace and expressiveness it now displays. In fact, all his talents, capabilities and qualities are currently at their zenith: his mind is at its keenest, his loves and his hates are at their most passionate; put a brush in his hand, and he'll paint you a picture which exacts the utmost of his artistic potential.

The Chassidic masters use this parable to demonstrate their definition of "joy": Joy is revelation. Joy unearths latent potentials no one even knew existed and amplifies revealed potentials to levels no one ever thought possible. Joy is an effusion of self that spills over to places and achievements far beyond the soul's natural horizons.



© Zalman Kleinman

Let's explore the dynamics of joy through this selection of 17 insights, stories, personal voices, meditations, readings--and a collection of recordings of joyous chassidic *niggunim* (melodies):

Insights:

How Can I Be Happy?

by Aron Moss

Four Reasons to be Happy

by Yanki Tauber

The Dancing Jews

by Eliezer Steinman

Meditations on Joy

by Tzvi Freeman

Learning to Laugh

by Yanki Tauber

Good Thinking

by Yanki Tauber



© Karla Gudeon

Stories:

A Joyous Divorce

The Clock

Perspective

Sing a Niggun

Voices:

The Women's Balcony

by Sarah Shapiro

Sitting in a Café

by Jay Litvin

The Most Joyous Pain

by Sara Esther Crispe

Readings:

Rabbi Scneur Zalman of Liadi on Sadness and Joy

From chapter 26 of Tanya

The Chassidic Masters on Joy

From "The Key to Kabbalah" by Nissan Dovid Dubov

Recordings:

Seven joyous niggunim (chassidic melodies) sung by Avraham

Fried:

[Niggun Simcha](#), [Niggun Simcha 1](#), [Niggun Simcha 2](#), [Niggun Simcha I](#), [Niggun Simcha II](#), [Niggun Simcha III](#), [Niggun Simcha IV](#)

To be Happy is to be Human

an audio class by Manis Friedman



COMPILED BY YANKI TAUBER

Chabad.org is a division of the [Chabad-Lubavitch Media Center](#) ·
In everlasting memory of our founder, [Rabbi Yosef Y. Kazen](#)
© 1993-2015 [Chabad-Lubavitch Media Center](#)